

# KINDER CAPERS

MARCH 2019



## PRESIDENT'S REPORT

Hello and welcome to all our fantastic L. J. M. P. families.

A quick bit about myself: My name is Steph, this is my first year on the committee at LJMP and so far so good. My son Pat is currently in 3y/o kinder and as this is my 3<sup>rd</sup> year of 6 consecutive, I thought I should put my hand up to do my bit. I am really excited to be in this role and am looking forward to continuing the fantastic job of previous presidents in helping make the kinder the best it can be.

I would like to introduce and thank all the amazing parents who have volunteered to help on this year's kinder committee.



Vice President- *Skye*  
Secretary- *Shana*  
Treasurer- *Sally*  
Payroll Officer- *Kate*  
Enrolments Officer & Fundraising co-ordinator- *Kimberley*  
Kinder Capers Editor & website Co-ordinator- *Sylvie*  
Minutes Secretary & Policy and Procedures Officer- *Jess*

Accounts Co-ordinator- *Jess*  
Purchasing Officer- *Josie*  
Maintenance Co-ordinator- *Dean*  
Uniform Co-ordinator- *Lisa*  
Book Club Co-ordinator- *Brooke*  
Grants Co-ordinator- *Anna*  
Communications Co-ordinator- *Samantha*  
Fundraising sub-committee- *Brea*  
Maintenance sub-committee- *Seb*

Without their voluntary contributions of time, their enthusiasm and support the kinder would not be able to run at all let alone be as great as it is.



This year we are lucky enough to be continuing with a winning combination of educators. We again are privileged to have Shar and Sylvie looking after our 3 year old group, as well as Jo, Genevieve and Belinda teaming up again to look after our 4 year old group.



Earlier this term we had a very successful welcome BBQ. It gave everyone a good chance to meet families new to our kinder community as well as catch up with old friends.

On Saturday the 16<sup>th</sup> we held our first working bee for the year. A gigantic thank you to all those that made it to the kinder, you put in a huge effort and did an amazing job. These few hours each term are so important in maintaining our kinder grounds and making improvements to the outdoor environment for the kids. Our next working bee will be held early next term and we have some very exciting projects we are hoping to complete. So if you can spare a few hours of your time, bring along your gloves and children (optional) and come down. It will be greatly appreciated and will contribute to getting your maintenance levy refund.



We have our night at lollipops coming up very soon on the **4<sup>th</sup> of April**, so get your RSVP back to kinder. It promises to be another great night, while also raising important funds for the kinder. I'm looking forward to seeing you all there.

That's about all from me for now, have a fantastic term and I look forward to seeing you all around kinder.

Steph





This term is certainly moving along very quickly. It is great to see that most children have settled in very well to kinder. We hope that you as parents are making new friends just as your children are.

Thank you to those families who were asked to complete a questionnaire. We are now currently going through these responses as a team and using them to write our Quality Improvement Plan. This is a very long slow process but once completed it will be available to view in each room.



We have recently provided all families with the latest information on child restraints and car seats. Vic Roads update this information regularly so it is always a good idea to check that what you and grandparents are using is still compliant with Australian standards.

Don't forget there is a small parent's library in the brick building. Feel free to have a look at any time or ask staff if you are after information on anything in particular.

Always remember to phone kinder if your child is going to be absent especially if it is due to illness. We are open Tuesday, Wednesday & Thursday.



A huge thank you to this year's committee of management who have been very busy already organizing events, fundraising and making sure the kindergarten runs smoothly. They do all this



as volunteers, so if at any time you are able to help at a fundraiser, working bee, open day or in any other way please let us know. Extra helpers make the job that little bit easier.

A huge thank you to Sylvie who puts kinder capers together for us and is now keeping our website up to date. A huge thank you to all the staff who always go above and beyond to offer an amazing program for each and every individual child. There is so much that goes on behind the scenes, long before kinder begins, long after it has concluded and at home. Preparing activities, planning for children as individuals and as a group, professional development, mentoring pre service teachers and so much more.

Thank you everyone.

We look forward to this being a fantastic year at Len Jeffrey Memorial Preschool.

Thank you  
Belinda Niezen  
Educational Leader.

# RAINBOWS



Well here we are already half way through first term! Belinda, Jo and I would like to welcome all our families to the kinder. The children have started off really well. It's great to see all the enthusiastic faces at the door each morning, ready and eager to tackle all the fun and exciting experiences of the kinder day. The children have certainly been busy painting, pasting, building, socialising and loving every moment. Already we are starting to see old and new friendships being formed.



Your child's kinder years are very special so please remember our door is always open. If you have any concerns, queries, questions or wish to know about your child's progress, please come and have a chat or give us a call.

The first term of kinder is an integral part of our program as we establish our kinder rules and routines as well as getting to know each child's personality and individual needs. Having the children come to kinder with just half the group and in a smaller time with the whole group has certainly given us time to build a rapport with each child and understand their individual needs. One very important rule we have is

"to stay on the mat until we say your name at home time" We ask parents and carers to help the children achieve this goal by signing them out and then

moving to the mat area – this ensures

that each child goes home safely. Other routines / rules will include walking inside, listening to other people, helping each other and waiting for a turn. Your children are already doing a fantastic job coping with these tasks. We have all practised our emergency evacuation procedure as a whole group and we will continue with this over the course of the year.

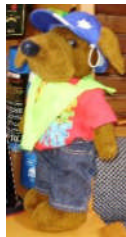


Our duty rosters are displayed on the notice board. If you cannot do duty on a specific day please let staff know in advance if possible. Also on the notice board you will find notices regarding upcoming events at kinder – you will also be given a copy of these in your pigeon holes – found at the entrance or you will receive them by e-mail.

We have already started TREASURE TIME ( this forms part of the area of **IDENTITY**) during the sessions in our group and the children are doing really well. It is great to see the children have the confidence to stand in front of their peers and show and talk about a chosen item that they have brought in from home. It is also great for developing listening and cognitive skills as they listen and ask relevant questions about the treasures. A notice has already been sent out advising you when your child's treasure day is. If you have forgotten your child's day please see staff or check on the notice board.



This year we are introducing Harry the dog (this forms part of the areas of **IDENTITY** and **COMMUNICATION**).



All children will get the opportunity to take Harry home with them for a week in a bag and with a folder. At the end of the Tuesday session a chosen child will take Harry home. In the bag will be a folder for you to record (with your child's help) all

the fun things that the kinder child and Harry did together whilst staying with you. For example if you are going to the zoo, a bbq, camping, to the park or to a party please include Harry! You can add photos, drawings and writing. Once again all children will get a chance to take Harry home sometime over the year. It will be interesting to see all the fun places and events that Harry gets to be part of over the year!

This year, all children will have a portfolio and over the year we will put different experiences that your child has undertaken in it. Some of the things that may be included in your child's portfolio are - an observation of your child playing with a peer, special events such as a dress up day, a painting, drawing or a running record of an experience that your child was part of. The portfolios (folders) will always be in our kinder room on the shelf next to the book corner and they are accessible for the children and you as the parent to look at. Because of privacy rules we ask that you simply look at your own child's work in the portfolio and not any other kinder child's. At the end of the kinder year each child will be given their portfolio to take home and keep. If you have any questions about these portfolios please ask a staff member.





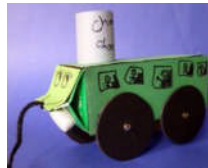


Now that full sessions have started it is really important to pack a nice healthy snack and lunch for the children to eat. Please remember that we have a strict food policy of healthy foods to be eaten at kinder -- that means no packets of chips, fruit boxes, chocolate , lollies... We find that they get quite hungry, so a sandwich / piece of fruit / dry biscuits etc and a drink (preferably water in a drink bottle) helps them get through the morning and into the early afternoon. Please remember that we are also a PEANUT FREE ROOM as a result of allergies amongst the children in kinder . So this means NO PEANUTS or things that contain nuts in lunch boxes. Jo (staff



member) is anaphylactic to EGG so this means NO WHOLE EGGS can be brought to kinder. Please make sure your child does not bring an egg sandwich or a whole boiled egg. It is fine for you to bring in a piece of cake or slice from home that has egg. If you have any questions about our allergies and what not to bring in please see staff.

At kinder our children love to paste and construct with boxes (part of our **LEARNING, IDENTITY, WELL BEING** areas) so we ask parents to please bring any empty boxes at home in for us to use. When you do bring in boxes please can you read the label on the packaging on the box to make sure that they DO NOT CONTAIN NUTS OR TRACES OF NUTS. If the box does have on it – may contain nuts or traces of nuts then that box cannot come to kinder. Also please do not bring any egg cartons for our box construction. If you are in doubt about any boxes that you bring into kinder, please give them to staff on arrival and we will look at them first before putting them in our box construction trolley for the children to use.



Also please remember to put on sunscreen before they come to kinder. We are a SUN SMART Kinder and the children must wear a hat in term 1 and from September 1<sup>st</sup> until the last day of term 4. Children are welcome to leave their sun hat in their art box. It's also a good idea to name ALL belongings that get sent to kinder so if they lost we can return them to the correct home.

During the kinder year your child will experience several special days or incursions. As many children have been to the pool or beach over summer we have started our unit on The Sea / Summer (forms part of **LEARNING, COMMUNITY, IDENTITY** areas).

During this unit the children are learning more about the sea, creatures that live in the sea, the beach, how to stay safe in the sun and near water and what we can do at the beach. As part of this unit the children will get the



chance to touch and feel real sea creatures. We had a summer / beach dress up day at kinder – on this day we brought the beach to kinder! (we filled the sand clam up with sea creatures, water, boats etc and it was just like being at the beach!

We had a special visitor from the museum as well. Wendy came with dinosaur bones and fossils. This incursion forms part of the areas of **LEARNING** and **COMMUNICATION**. The children got the chance to touch the bones and fossils and we learnt some interesting facts about dinosaurs – such as we don't know what colour their skin was, tyrannosaurs rex had teeth the size of a banana, some dinosaurs ate meat (carnivores) and some ate plants (herbivores).



Dramatic play is a big part of kinder as it helps children to better understand the world they live in. This forms part of the areas of **IDENTITY and COMMUNITY**. As children play together in our dramatic play areas they are role playing (identity and communication). Over the last few weeks we have set up a home corner, ice cream shop, dinosaur cave and pirate ship. It is great to see the play that is occurring here amongst our kinder friends – the language and social skills developing as they play.

Library has started at kinder (forms part of the **COMMUNICATION, LEARNING** areas). All children are able to borrow a book from our kinder take home library crate. If your child would like to borrow a book then please write it in the library folder (name of child, name of book being borrowed and date). When you return the book please write in the date and put the book back into the library crate. If you need any help please see kinder staff.



Stories are a great way of developing listening and concentration skills. It helps children to learn about lots of different topics. During our kinder sessions reading is an integral part of our program. We always read a story during mat times and stories are frequently read to small groups of children throughout the day.

Thank you  
Genevieve , Belinda and Jo.



# BLUE STARS

*Hi Everyone,*

I can't believe we are moving towards the end of the first term. Sylvie and I are so proud of how the children have settled in and how eager they are to see what we are doing at kinder.

I thought I would let you know what skills your child has been learning and developing in term 1 through different activities and play.

- Learning routines has been a very big part of starting kinder as the children need to unpack their bag, put their bag on their hook, wash their hands, get a wipe to wipe their mouth and then come and sit on the mat. And if that isn't enough wash their hands before snack, re-wipe their face after snack and then put on their hat to go outside. Then repack their bags to go home. Wow that's a lot to learn but the children have taken it in their stride and have done an amazing job trying to remember all the steps. By learning routines, the children are able to predict what happens next and are able to become independent looking after themselves and their belongings.

- We have introduced different tools to paint with such as string, marbles and golf balls so the children can explore, create patterns and express ideas through art.



- Our dramatic play area has been many things including home corner, a pirate ship, and an ice cream shop.



These areas allow the children to explore their identity through role play and encourages social interaction using non-verbal and verbal communication.

The children begin to feel part of a group and begin to engage and contribute to the play space.

- At mat time we have played games to learn each other's name and learnt new songs with actions and movement. We have group discussion so the children feel part of a group and feel recognised and respected for who they are.



- Outside the children are developing their gross motor skills and risk taking as they climb, balance and ride using a variety of equipment.



So, as you can see the children are already learning many skills through routines and play. Our program is ever changing to meet the needs of the children. The children, Sylvie and I are having a wonderful time exploring, learning, investigating but most of all having fun at kinder.

## Just a few little reminders for you.

- All children need to wear a hat when outside at kinder. As per our policy caps are no longer allowed. Sun screen will be applied before we go outside.



- Please make sure all your child's belongings are named as lots of children have a kinder hat and some have lunch boxes and drink bottles the same. Also, if your child's belongings are named it helps them begin to recognise letters and their own name.

- Sylvie and I have noticed that some children's lunch boxes are overloaded with food. Please just put in a couple of things as they are only here for a short amount of time and we like to only have snack for 10-15 minutes.

- We need your help - Can you please encourage your child to carry their own bag in and out of kinder as it is a good way for the children to become independent and responsible for their own belongings.



- Keep collecting plastic bottle tops and bread tags as they go to a really good cause to assist in making prosthetics and wheel chairs. The children are great at snack time remembering to put their yoghurt caps in our collection box.



Anytime you wish to speak to me or Sylvie the best time to catch us is after session. Our door is always open.

Thanks heaps  
Love Shar & Sylvie



102 Colby Drive Belgrave South 3160  
(03) 9754 5965  
[len.jeffrey.memorial.kin@kindergarten.vic.gov.au](mailto:len.jeffrey.memorial.kin@kindergarten.vic.gov.au)  
[www.lenjeffreymemorialpreschool.vic.edu.au](http://www.lenjeffreymemorialpreschool.vic.edu.au)



# KINDER SNACK IDEAS

- Fresh fruit
- Dried fruit
- Raw vegetables
- Yoghurt
- Cheese and dry biscuits
- Dips with vegie sticks
- Sandwich (no egg or peanut butter)
- Wraps
- English muffin
- Raisin bread
- Rice crackers
- Savoury muffin
- Popcorn
- Muesli bar (no nut)
- Vege chips
- Homemade biscuit or small muffin without icing

## RECIPE IDEA

### NO-BAKE CHIA MUESLI BARS

Makes 12 bars Prep 10 mins (+3 hours chilling time)

- 1½ cups (135g) rolled oats
- ½ cup (100g) pepitas (pumpkin seeds)
- ½ cup (65g) dried cranberries
- ¼ cup (35g) sunflower seeds
- 2 tbs chia seeds
- 1/3 cup (80ml) honey
- 1/3 cup (80g) coconut oil
- 1 tsp vanilla extract
- ¼ cup (35g) white chocolate melts, melted
- 1 tsp chia seeds extra



1. Grease an 18cm x 28cm pan and line base and 2 long sides with baking paper, allowing the sides to overhang.
2. Combine the oats, pepitas, cranberries, sunflower seeds, and chia seeds in a heatproof bowl.
3. Melt the honey and coconut oil in a small saucepan over medium heat for 3 mins or until well combined. Bring to the boil. Cook for 2 mins or until light golden. Remove from heat. Stir in the vanilla.
4. Pour honey mixture over oat mixture. Stir until well combined. Press into prepared pan. Place in the fridge for 3 hours or until firm.
5. Cut into pieces. Drizzle with chocolate is desired. Sprinkle with extra chia seeds. Store in an airtight container in the fridge for up to 1 week.